

# CHS CHECKUP



A publication by and for employees of the Kentucky Cabinet for Health Services

May 21, 2001

## NEWS BRIEFS

### TIME TO GET PHYSICAL

Let's Get Physical 2001 signups will be held by the cafeteria escalators, Tuesday and Wednesday, May 22 & 23, from 9 a.m.-11 a.m.

Let's Get Physical is an interactive and educational, 8-week, progressive worksite health promotion program based on the 1996 Surgeon General's Report, which recommends moderate physical activity on most days of the week. The program is designed for persons of all ages and abilities. For more information, call Jennye Grider at 564-7996.



### TIP OF THE WEEK

Infamous poison ivy is only one of many plants that can cause a burning, itching rash or other skin irritation. The old saying, "Leaves of three, let them be" has been said often of poison ivy. The leaves contain oils that cause an inflammation known as contact dermatitis, which develops fully within 24 to 48 hours after contact. If you suspect that you have come in contact with this plant, wash the skin with soap and water immediately to reduce the severity of the symptoms. If severe itching is present, your physician can prescribe cortisone creams, antihistamines, and soothing lotions to reduce symptoms.

## Employees Take Part in Minority Management Training Program

*Public Health, MHMR employees will graduate soon from program*

Two employees of the Cabinet for Health Services will soon be completing the Governor's Minority Management Trainee Program.

Libby Burkes-Weathers, who works in Public Health, and Ronald B. Cooper, who works at Central State ICF/MR, will soon graduate from the program.

The program, which was created in 1995, provides practical training through classroom instruction, on-the-job experiences and special projects. Participants must complete the Certificate of Management Fundamentals offered by the Governmental Services Center, attend workshops on issues such as leadership and management, and complete a writing project.

Burkes-Weathers has worked in state government for 13 years. She is responsible for immunization assessments in Jefferson, Oldham and Bullitt counties. She has a masters degree in education, is a certified health educa-

tion specialist and is a registered sanitarian/environmentalist.

"It has been a great experience for me," she said. "I have had the opportunity to use some of the skills acquired from the classes on my job."

Cooper, director of the human resources department at the Central State ICF/MR, began working for the state in 1988.

He has a degree in agribusiness education and a masters of education.

"This program has allowed me to extend my networking capabilities into other Cabinets and departments," Cooper said. "All of the workshops have been beneficial, particularly the class on structured behavioral interviewing was very helpful."

Burkes-Weathers and Cooper will be honored at a reception sponsored by CHS on June 8 at 10 a.m. at the Holiday Inn Capitol Plaza.

## Newsletter Needs Your Help

Have a news item? Call the CHS Office of Communications so we can put it in the CHS Checkup. Call 564-6786.



**Burkes-Weathers**



**Cooper**

## Women's Health Fair Exhibits Draw Hundreds of Visitors

The Women's Health Fair held in the Human Resources lobby on Wednesday, May 16, was a tremendous success.

An estimated 300 to 400 women from the complex participated. Eighteen exhibitors were on hand providing valuable information on topics such as Alzheimer's disease, diabetes, arthritis, nursing training, emotional health, and other important women's health issues.

Mental health screenings and blood pressure readings were provided by several exhibitors.

The Office of Women's Physical and Mental Health extends a great big thank you to all who participated.

The office is looking forward to hosting this event again next year.



Heather Kiser, left, of the Prevention Park YMCA, checks Carol Stange's blood pressure during the fair.

## New Online Source for Employees

State employees have a new online source of information called KYDirect for Employees.

This site, at <http://kyemployee.state.ky.us>, is a fast, up-to-date way to find out about: employee benefits, training, announcements, news, personnel forms, phone numbers, insurance, job opportunities and many other services.

If you check the site and look at the employee survey, you'll have a chance to win a state park gift certificate.

This is sponsored by the Governor's Office for Technology.

## Web Site Update

There have been a few recent updates with the CHS web site:

The Office of Inspector General site has been redesigned ( <http://chs.state.ky.us/oig/> )

The Kentucky Developmental Disabilities Council's site has a new look. You can see it at <http://www.kddc.org/>

## Kids Conference

The 5<sup>th</sup> annual "Kids Are Worth It" conference will be Sept. 10-12 at the Radisson Hotel in Lexington. The conference is sponsored by the Division of Mental Health, Children and Youth Services Branch.

For more information, contact Prevent Child Abuse Kentucky at 1-800-CHILDREN or visit [www.pcaky.org](http://www.pcaky.org).



Victoria Greenwell, left, who works in Public Health, talks to Jeannie Shields of the Workforce Development Cabinet during the Women's Health Fair last week.

The CHS Checkup is a newsletter for employees of the Kentucky Cabinet for Health Services. Please direct contributions or comments to the Office of Communications, 502-564-6786. View newsletters at the CHS website at: <http://chs.state.ky.us/> Printed with state funds.

